

Psychosocial Resources Questionnaire – Short Form (PSRQ-SF) Version 1

Please indicate how strongly you agree or disagree with each of the following statements.

	AGREE				DISAGREE		
	Strongly	Some what	A little	Neither agree or disagree	A little	Some what	Strongly
When I really want to do something, I usually find a way to succeed at it.	1	2	3	4	5	6	7
I often feel helpless in dealing with the problems of life.	1	2	3	4	5	6	7
I take a positive attitude toward myself.	1	2	3	4	5	6	7
I have a sense of direction and purpose in life.	1	2	3	4	5	6	7
I don't feel I belong to anything I'd call a community.	1	2	3	4	5	6	7
I feel close to other people in my community.	1	2	3	4	5	6	7

	A lot	Some	A little	Not at all
Please indicate how well each of the following describes you.				
Responsible	1	2	3	4
Active	1	2	3	4
The next question is about <u>your family</u> . Please circle the appropriate number for <u>your family</u> .				
How much do they understand the way you feel about things?	1	2	3	4
The next question is about <u>your friends</u> . Please circle the appropriate number for <u>your friends</u> .				
How much do they understand the way you feel about things?	1	2	3	4
The next question is about <u>your spouse/partner</u> . Please circle the appropriate number for <u>your spouse/partner</u> .				
How much does he or she appreciate you?	1	2	3	4

Answer according to your own feelings, rather than how you think "most people" would answer.

	AGREE			DISAGREE	
	A lot	Some what	Neither agree or disagree	A little	A lot
I'm always optimistic about my future.	1	2	3	4	5